

**Full Report (All Nutrients) 03693, Babyfood, cereal, oatmeal, with honey, prepared with whole milk**

Report Date: June 24, 2017 23:24 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
<b>Proximates</b>					
Water	g	74.50	--	--	21.12
Energy	kcal	115	--	--	33
Energy	kJ	481	--	--	136
Protein	g	5.00	--	--	1.42
Total lipid (fat)	g	3.90	--	--	1.11
Ash	g	1.30	--	--	0.37
Carbohydrate, by difference	g	15.30	--	--	4.34
<b>Minerals</b>					
Calcium, Ca	mg	289	--	--	82
Iron, Fe	mg	11.09	--	--	3.14
Magnesium, Mg	mg	35	--	--	10
Phosphorus, P	mg	198	--	--	56
Potassium, K	mg	170	--	--	48
Sodium, Na	mg	49	--	--	14
Zinc, Zn	mg	0.93	--	--	0.26
Copper, Cu	mg	0.095	--	--	0.027
<b>Vitamins</b>					
Thiamin	mg	0.487	--	--	0.138
Riboflavin	mg	0.602	--	--	0.171
Niacin	mg	6.034	--	--	1.711
Pantothenic acid	mg	0.514	--	--	0.146
Vitamin B-6	mg	0.060	--	--	0.017
Folate, total	µg	10	--	--	3

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>Data points</b>	<b>Std. Error</b>	<b>1 oz 28.35g</b>
Folic acid	µg	0	--	--	0
Folate, food	µg	10	--	--	3
Folate, DFE	µg	10	--	--	3
Vitamin B-12	µg	0.30	--	--	0.09

**Lipids**

**Amino Acids**

**Other**